

Special Issue

Physical Activity and Sports Practice in Improving Body Composition and Sustainable Health

Message from the Guest Editors

Contemporary researchers have contributed to the field of physical activity research in the development of new measurement methods and training strategies. The aim of this Special Issue is to show sustainability in new training programs and/or strategies aimed at improving body composition and health status, while highlighting the relationship among these specific parameters throughout longitudinal and cross-sectional studies. The purpose of this research collection is to add information on:

- Effect of physical activity on body composition and benefits of sustaining a healthy lifestyle;
- Exercise programs for improving health-related fitness in young and elderly people;
- New training programs and/or strategies to improve body composition in athletes;
- New evidence for body composition and physical fitness measurement techniques.

The keywords listed below provide an outline of some of the possible areas of interest.

Guest Editors

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I encourage you to contribute a research or comprehensive review article for consideration for publication in *Sustainability*, an international Open Access journal which provides an advanced forum for research findings in areas related to sustainability and sustainable development. *Sustainability* publishes original research articles, review articles and communications. I am confident you will find the journal contributes to enhancing understanding of sustainability and fostering initiatives and applications of sustainability-based measures and activities.

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